

Corn Country Spoon Bread

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Treasure Classics - National LP Gas Association - 1985

Yield: 10 to 12 servings

*1 can (16 ounce) cream
corn
1 can (14 ounce) whole
kernel corn (optional)
2 eggs
1 carton (8 ounce) sour
cream
1 teaspoon salt
1 box (8 ounce) Jiffy corn
bread mix
1 stick margarine
1/2 green pepper (optional),
chopped
1/2 onion (optional),
chopped*

Preparation Time: 10 minutes**Bake Time: 45 minutes**

In a bowl, mix the corn, eggs, sour cream, salt and corn bread mix.

Melt the margarine in a 8x12x2-inch casserole dish. Pour the corn mixture over the butter.

Add the pepper and onion, if desired.

Bake at 350 degrees for 30 to 35 minutes.

Per Serving (excluding unknown items): 1453 Calories; 149g Fat (91.2% calories from fat); 21g Protein; 12g Carbohydrate; 0g Dietary Fiber; 526mg Cholesterol; 3460mg Sodium. Exchanges: 1 1/2 Lean Meat; 1/2 Non-Fat Milk; 28 1/2 Fat.